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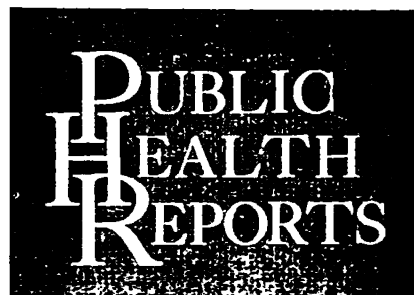
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PUBLIC HEALTH MONOGRAPH No. 61 . . . Population characteristics and participation in the poliomyelitis vaccination program.

Monroe G. Sirken and Berthold Brenner

A summary and information on availability appear on page 467.



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Public Health Reports, published since 1878 under authority of an act of Congress of April 29 of that year, is issued monthly by the Public Health Service pursuant to the following authority of law: United States Code, title 42, sections 241, 245, 247; title 44, section 220. Use of funds for printing this publication approved by the Director of the Bureau of the Budget, August 24, 1957.

U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

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Echoes

Nutrition for the Later Years of Life

ANCEL KEYS, Ph.D.

"Nutrition for the later years of life" implies that older people have special nutritional problems simply because they are older. The suggestion is that dietary practices considered good for younger adults may not fit precisely the needs of older people. Actually, there is practically no evidence that age, by itself, produces nutritional problems which do not have their counterparts at all ages in adult life. However, the frequency of certain problems changes with age and there are some general trends which need attention from those who advise or care for elderly persons, as well as from the elderly person himself.

It is impossible to specify any particular age at which this discussion applies, or begins to apply. Physiologic changes in a moderate life

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MAY 1952, pp. 484-489

Nutritional needs of older people are not different in kind from those of any age, Dr. Ancel Keys points out. They only differ in amount; proteins, fats, carbohydrates, vitamins, minerals, and salts all have their place in the diet.